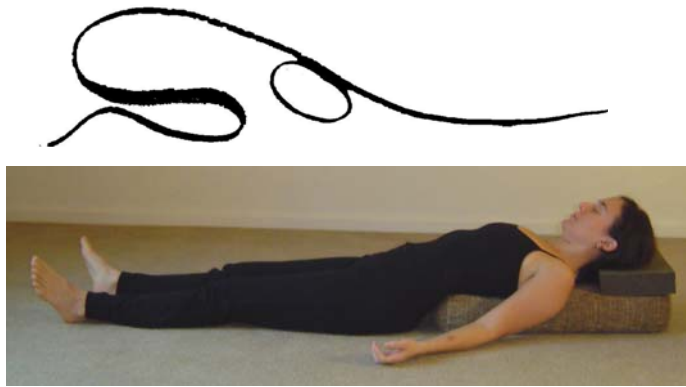


Pranayama: Awakening the Subtle Body

with Ellen Pfeffer



Sunday, January 24, 2010

2-5 pm

LivYoga

25 South Livingston Ave., Suite C, Livingston, NJ 07039

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The ancient yogis discovered an entire universe existing within the breath. They recognized that regulating the breath was a useful and effective technique for managing the mind, inducing meditative states, and ultimately awakening the Subtle Body, revealing the wonders of our life energy.

Participants will explore various methods of Yogic Breathing Practice, including Ujjayi Pranayama, Viloma I & II, Samavrtti Pranayama, Kapalabhati, Alternate Nostril forms such as Viloma, Anuloma and Pratiloma Ujjayi, and the functional application of the 3 Basic Yoga Bandhas (internal energy locks).

Appropriate for Yoga Teachers, and anyone interested in deepening their practice.
Some Hatha Yoga experience recommended.

Registration: \$40 per person for early sign-up; \$45 per person at the door.
Pre-registration recommended.



Ellen Pfeffer

About the Teacher

Ellen is a passionate and dedicated student of the Yoga tradition. She has studied and practiced with Raji Thron (Yoga Synthesis™), Erich Schiffmann (Advanced Teacher Training), Dharma Mittra (Classical Hatha Yoga), T.K.V. Desikachar (Breath-centered Yoga), Angela Farmer, Richard Freeman (Ashtanga Vinyasa), Donna Farhi, Joseph LePage (Integrative Yoga Therapy), John Friend, Shiva Rea, Kali Ray (TriYoga™) Max Strom, Aadil Palkhivala (Iyengar), and other respected teachers.

Ellen's Vinyasa approach uses breathing in relationship to movement and stillness as the foundation of yoga practice. She interweaves elements of active, gentle, passive and Restorative Yoga with intuitive awareness and alignment principles to create a unique and fulfilling yoga experience.

Ellen is particularly adept at modifying and adapting yoga practice to the individual, and applies these skills to people with physical limitations or disorders, including those with high blood pressure, M.S., stroke, hip or knee replacements or other musculoskeletal problems.

Ellen developed the Masala Yoga Gentle/Restorative Teachers' Immersion, which goes above and beyond what is taught in basic yoga teacher trainings. Included in these immersions are deeper themes and practices, such as pranayama, meditation, mantra, creative sequencing, developing critical thinking skills, and how to modify and adapt to the needs of the individual.

In June 2004, Ellen completed a Restorative Yoga Teachers' Training with Sudha Carolyn Lundeen at Kripalu, in Lenox, MA. In May 2006, she participated in Aadil Palkhivala's Intermediate Teachers' Training, in Bellevue, WA. Most recently, Ellen completed Raji Thron's Yoga Synthesis™ Advanced Teachers' Training. She holds certifications from Yoga Synthesis™, Shri Yogi Dharma Mittra and Kripalu Yoga.

For information regarding Masala Yoga Classes & Workshops, & Masala Restorative Yoga Teachers' Immersion, please visit www.masalayoga.com, or call 973-226-4455.



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